

SUPER QUICK! SUPER SMART! SUPER STRONG!



SUPER KIDZ

**#00
ISSUE**

**SAM AND SARA'S
VERY FIRST ADVENTURE!**

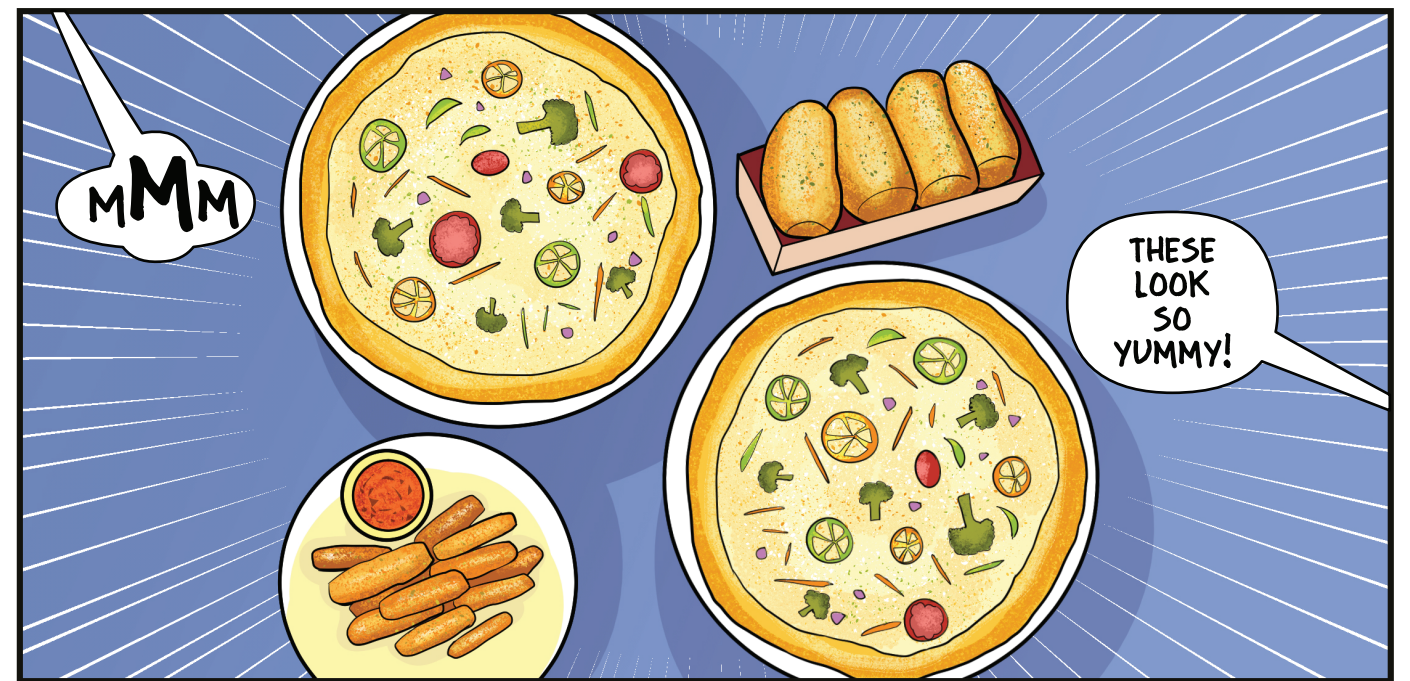
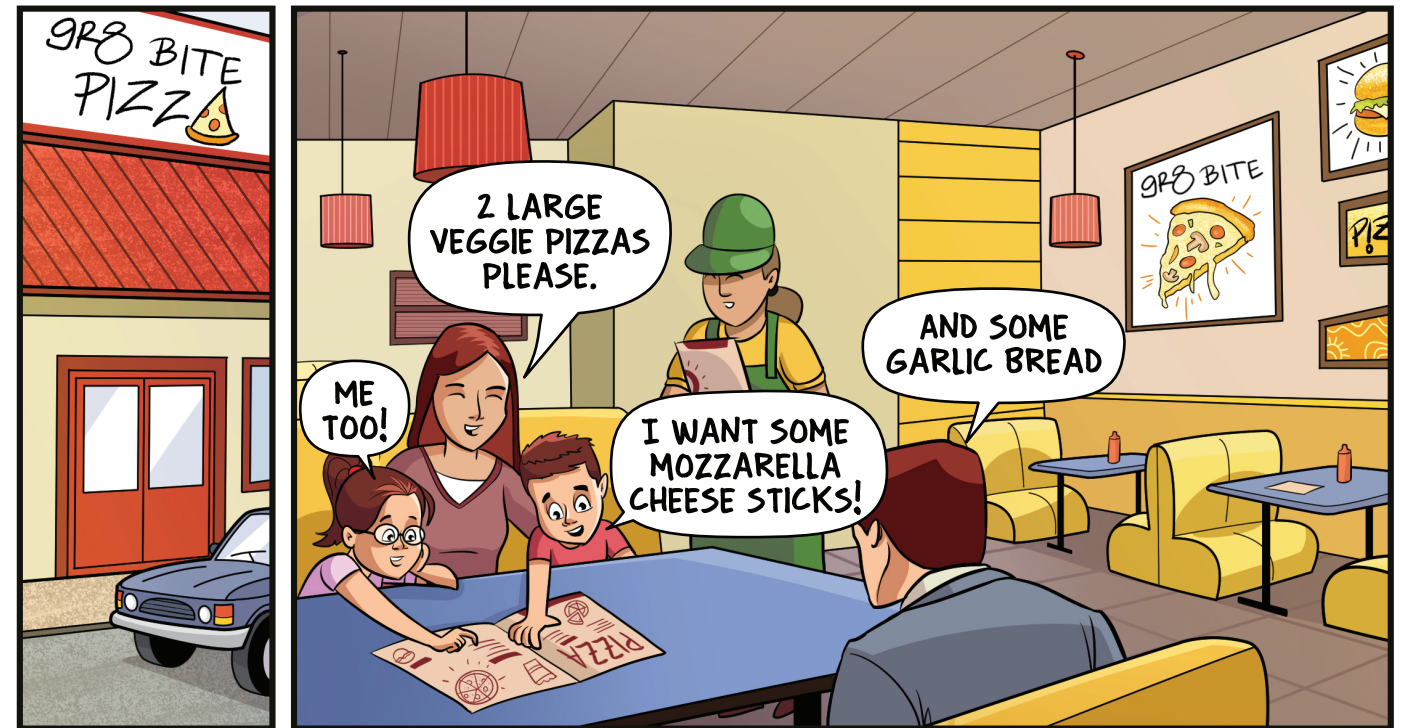
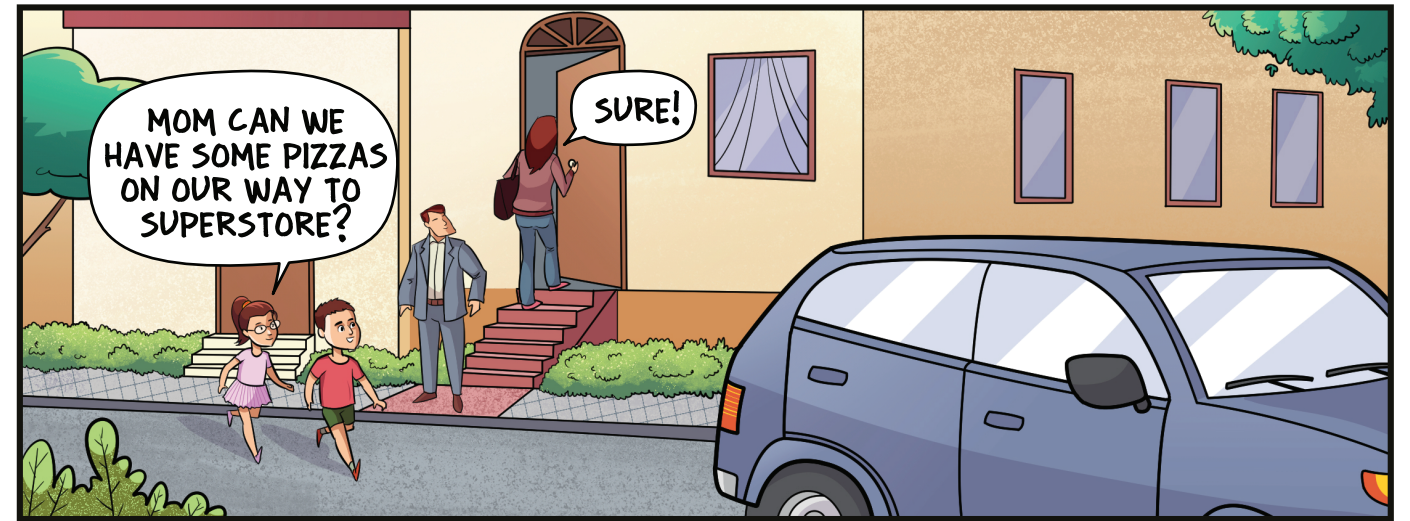
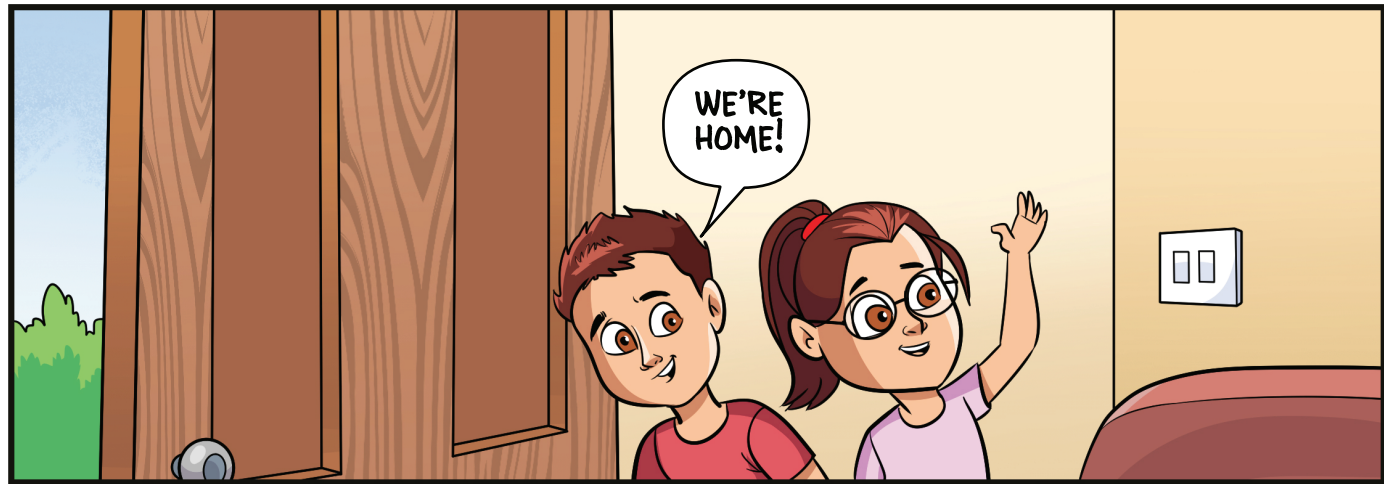
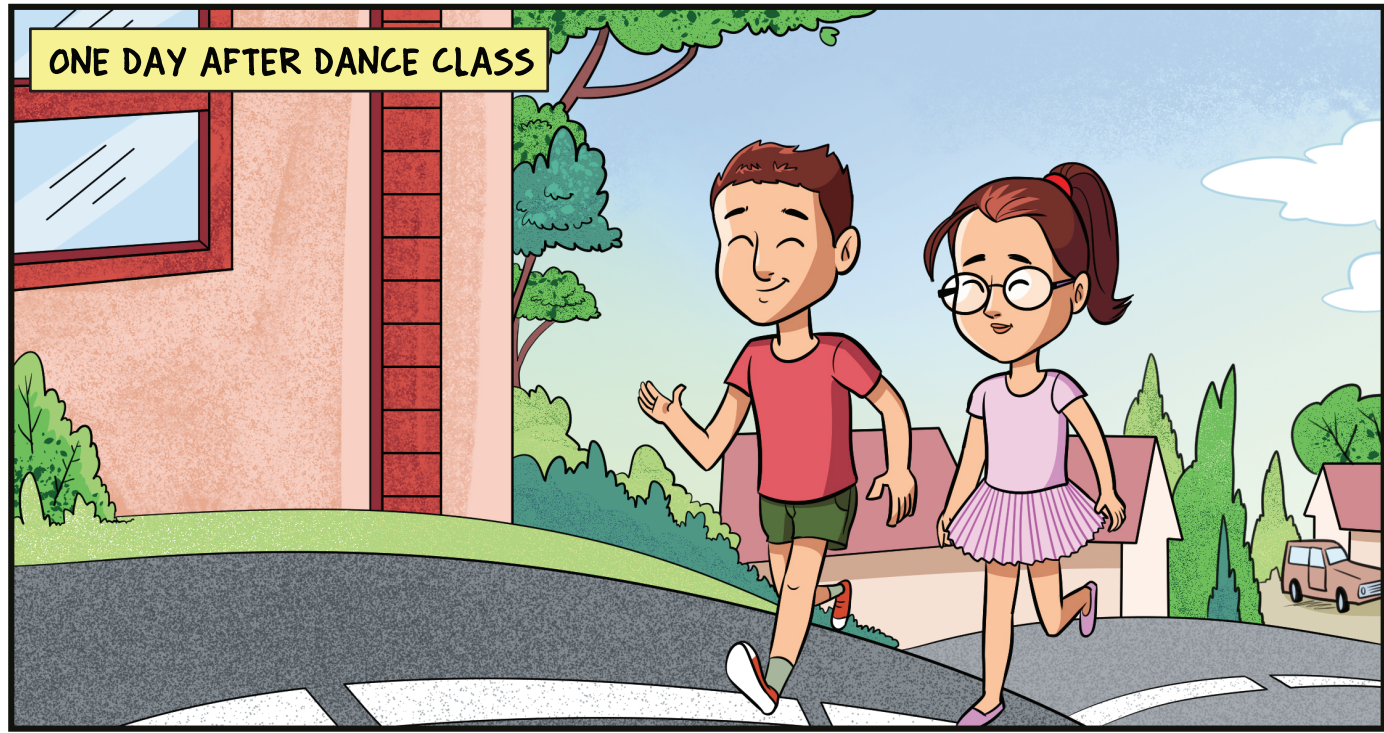


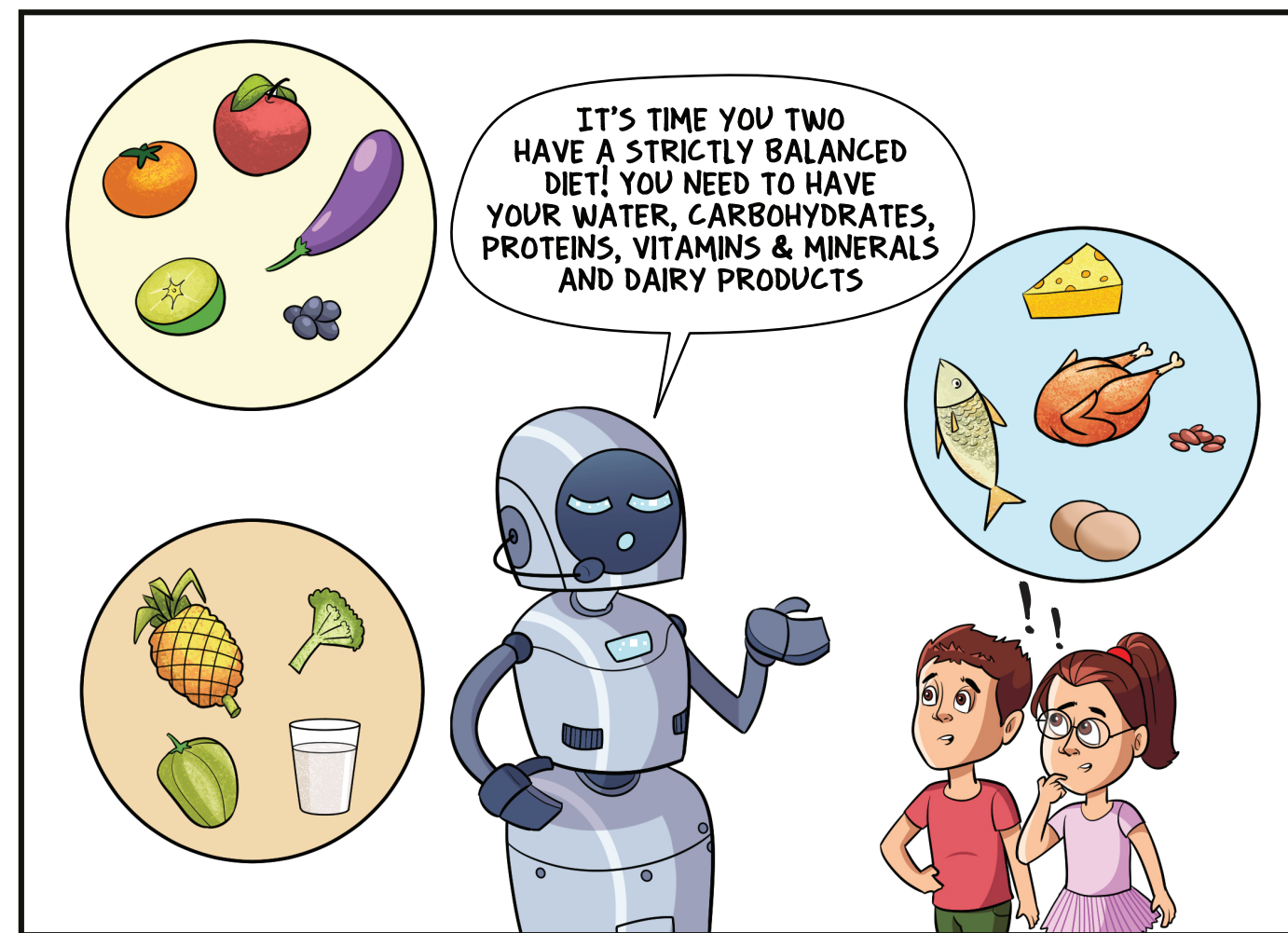
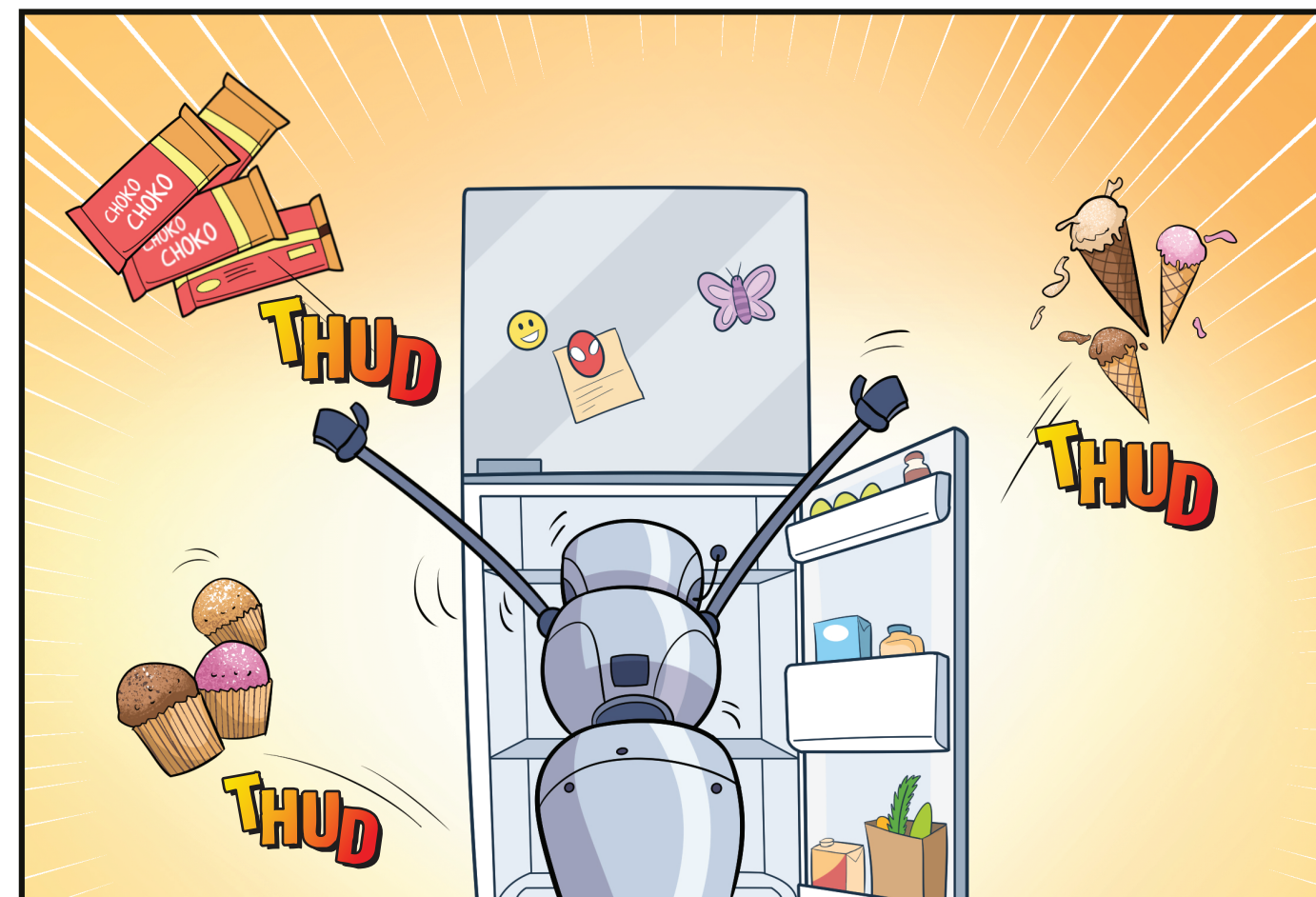
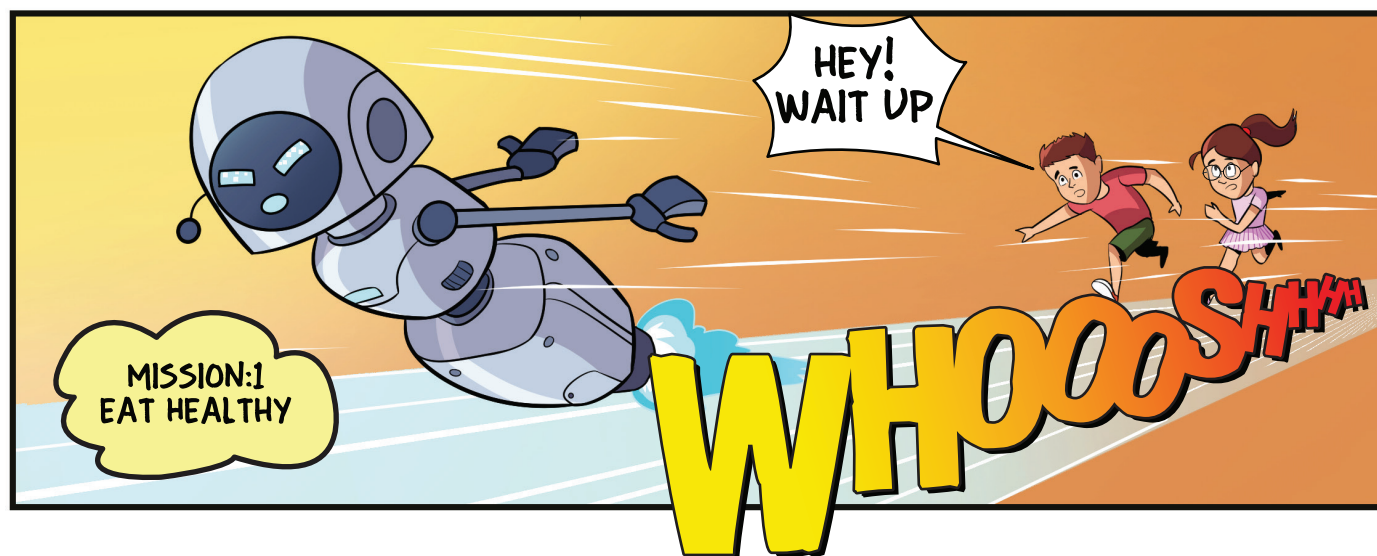
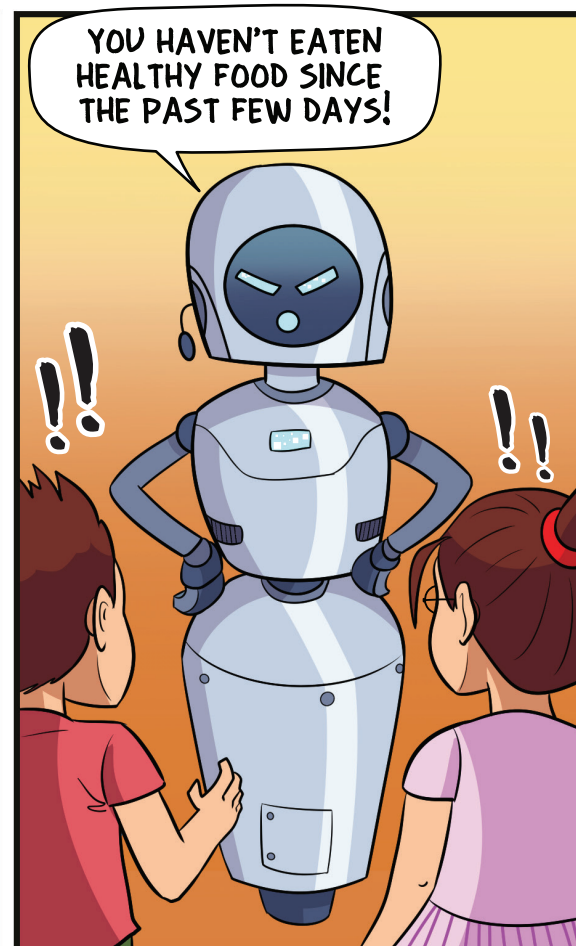
HI! MY NAME IS
ROBO SOPHIA.
I AM SAM AND SARA'S
HEALTH-O-METRE.

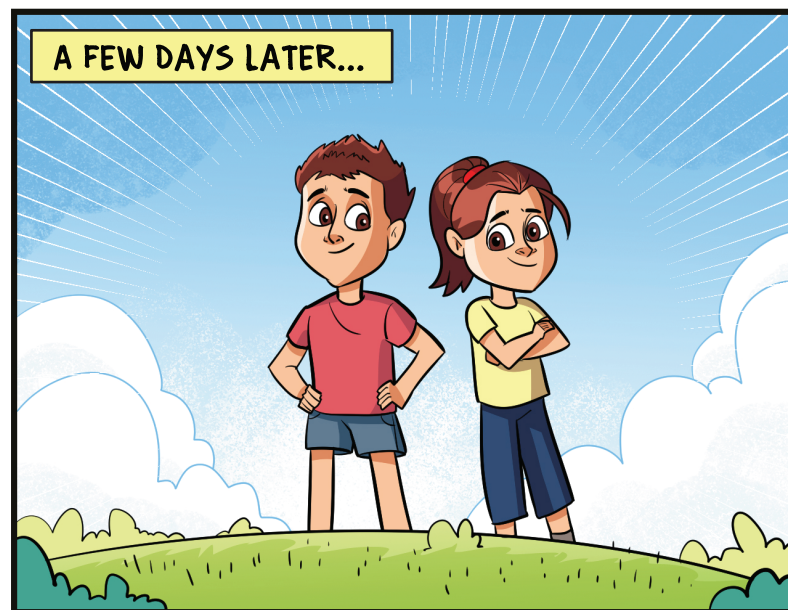
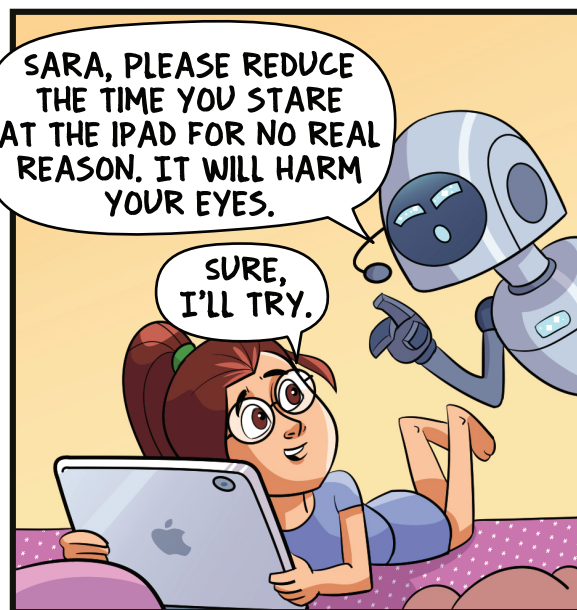
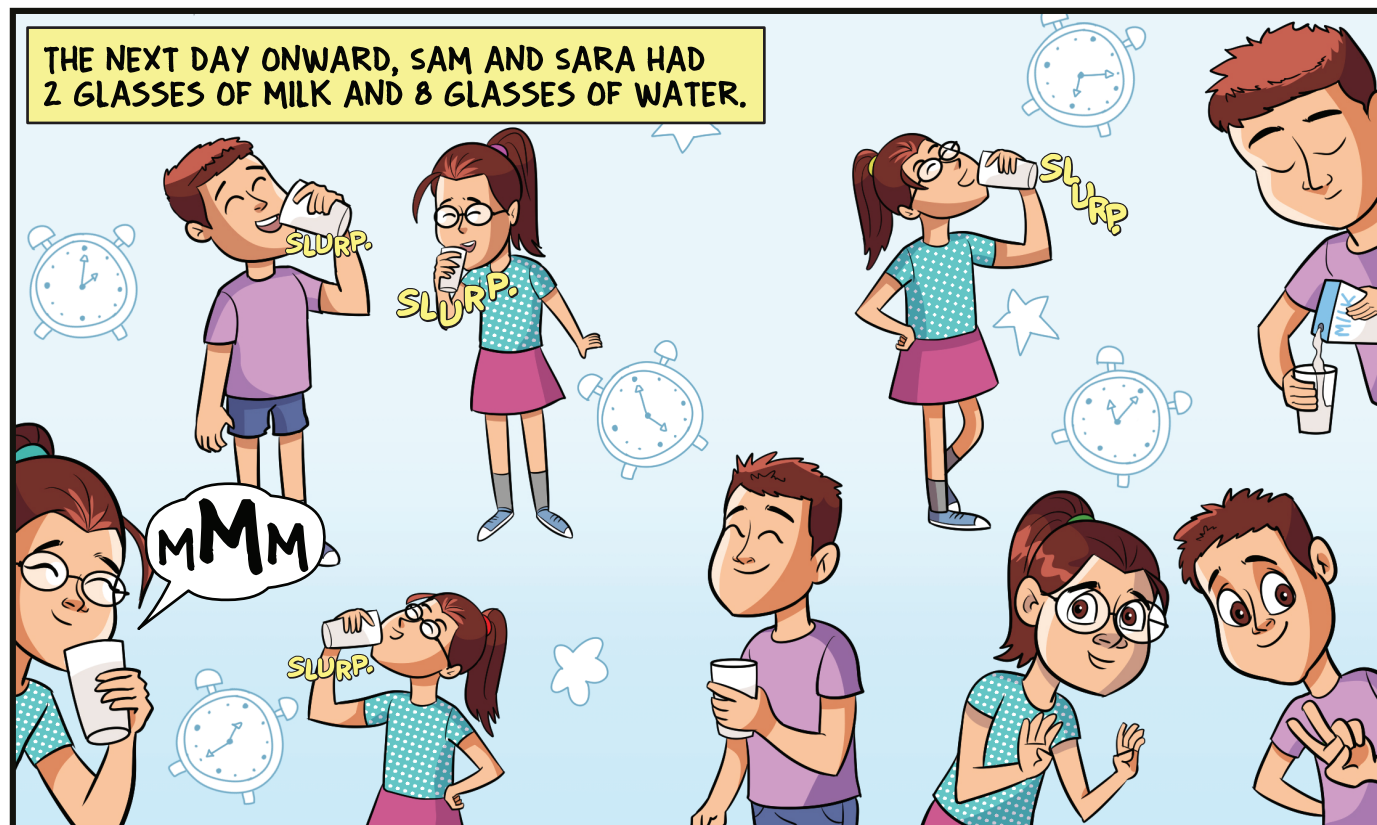
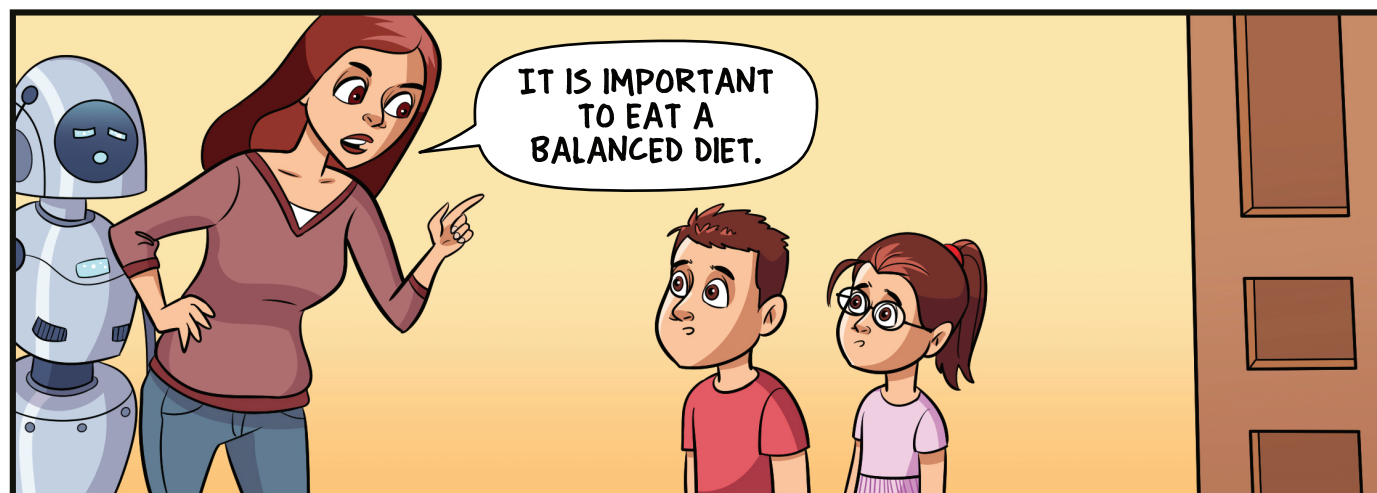


AUTHORED BY: ANN MARY JOSEPH
WINNER OF THE SUPERKIDZ COMPETITION 2018

An Initiative By
 **LANDMARK
GROUP**





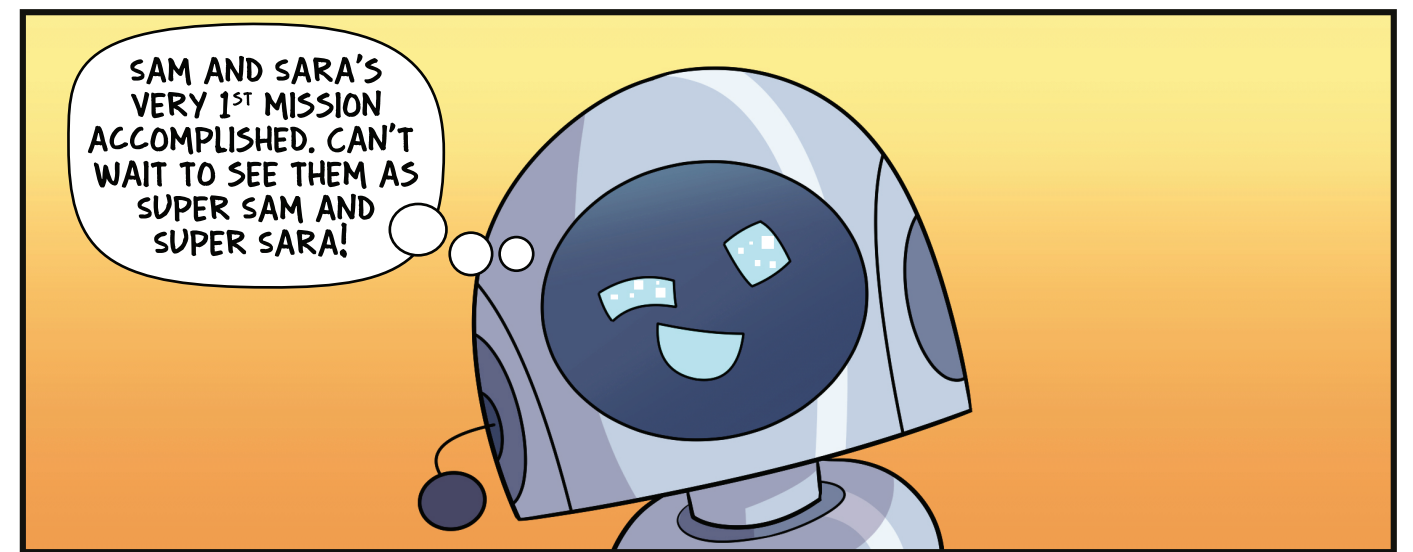
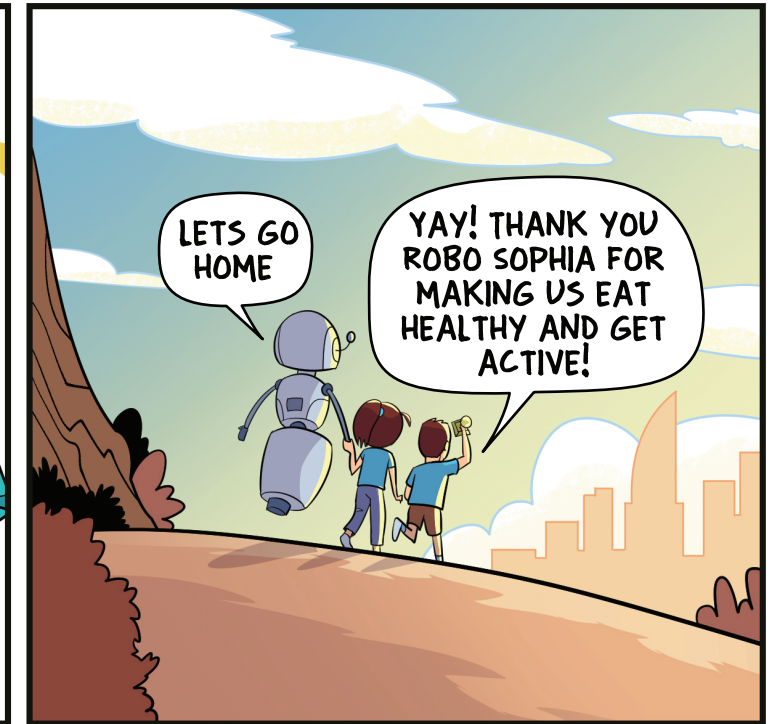
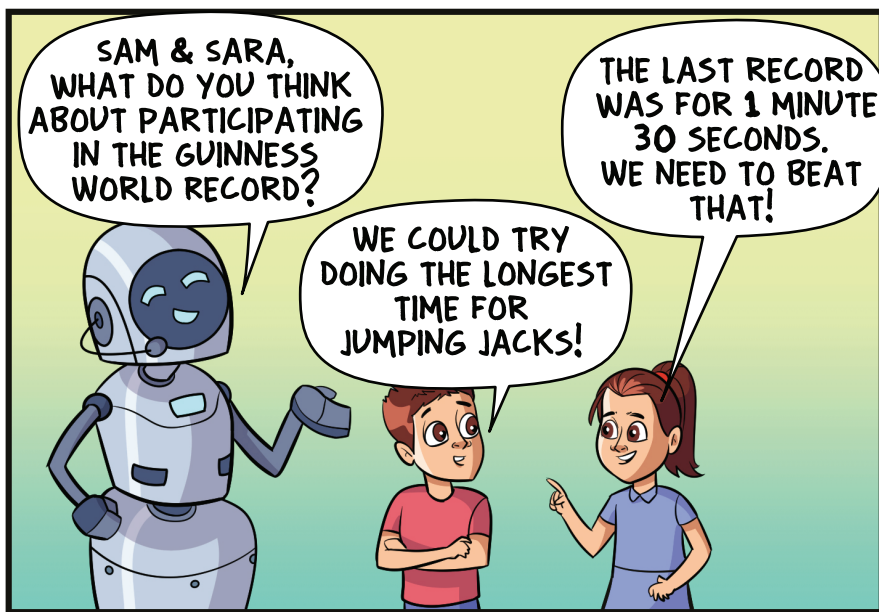
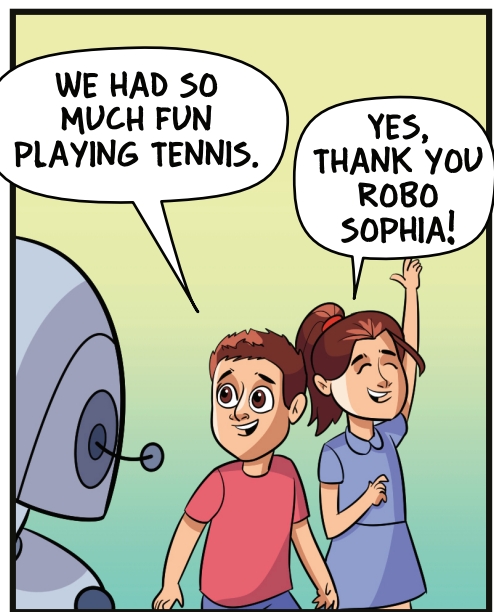
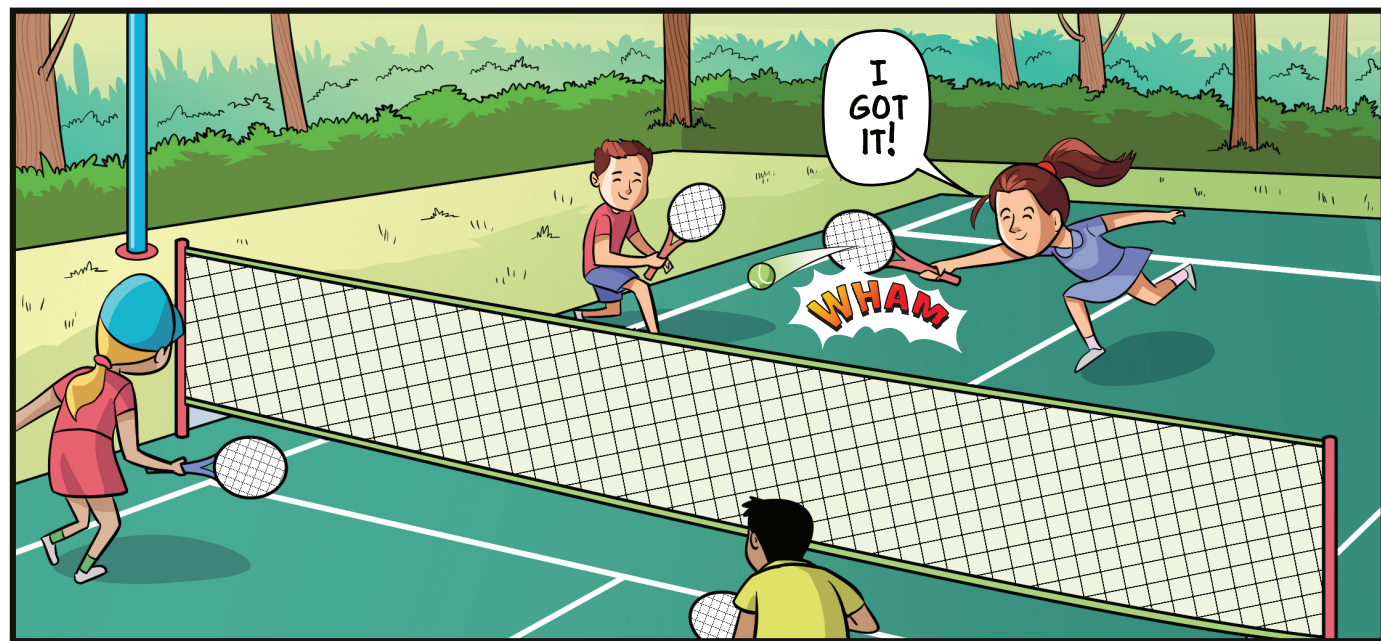
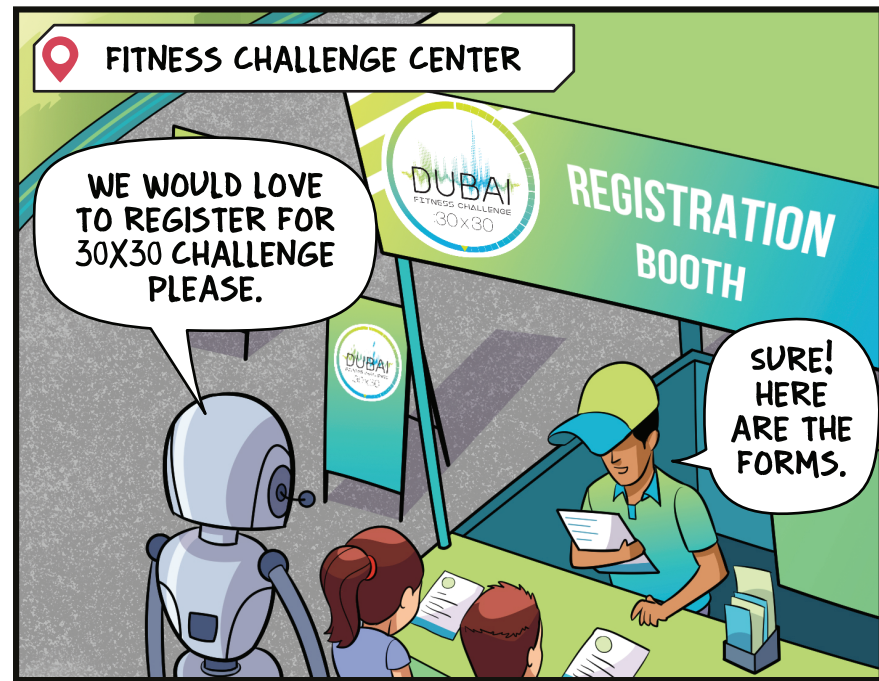
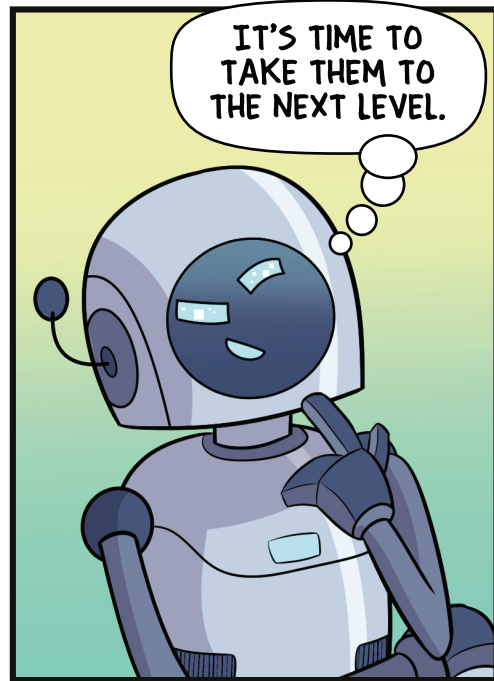


MISSION:2 GET ACTIVE

WE ARE GOING TO DRAW A CHART TO KEEP TRACK OF YOUR EXERCISES.

Day	Exercise	Sam	Sara
SAT	30 mins yoga		
SUN	40 mins workout	✓	✓
	30 mins yoga	✓	✓
MON	40 mins Cycling	✓	✓
	30 mins yoga	✓	✓
TUE	40 mins Swimming	✓	✓
	30 mins yoga	✓	✓
WED	40 mins Jumping Jack		
	30 mins yoga		
THU	40 mins Running		
	30 mins yoga		
	40 mins Tennis		





Check and track your weekly food habit!


Super Food Tracker

	 Protein	 Dairy	 Fruits	 Vegetable	 Grains	 Water
Sat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


Get Active with Sam and Sara

SHOW US HOW YOU GET ACTIVE AND TAG US @BEAT.DIABETES


Exercise With Sara




Planks




Push-Ups




Crunches



Lunges









Bridge Lift



Running

Yoga With Sam



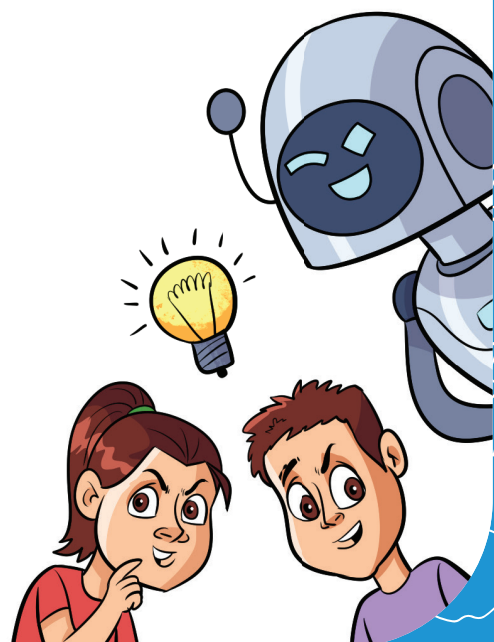
BRAIN ACTION

Super Sharp

J	O	H	E	A	L	T	H	Y	B	F	R	I	V	T	S	I	
Z	W	H	O	G	A	B	L	A	N	C	E	I	Z	G	V	D	Y
S	Y	N	X	A	E	N	V	T	R	I	T	I	O	N	L	G	O
B	A	L	A	N	C	E	C	L	A	Y	O	G	A	B	V	Y	W
P	Y	E	C	P	E	T	M	A	S	T	U	N	G	F	I	N	T
O	F	A	T	Q	H	A	B	I	T	C	F	L	M	A	G	D	U
H	Y	E	I	H	A	Z	L	T	H	Y	R	R	A	S	P	W	I
B	Y	E	V	V	E	Q	T	I	K	K	U	B	E	R	R	A	I
O	S	E	E	P	O	J	O	G	K	A	I	Y	P	I	E	T	E
P	I	M	S	H	A	S	H	U	M	Z	T	C	I	R	C	E	R
S	H	A	F	I	T	N	E	S	S	B	S	T	I	M	B	R	I

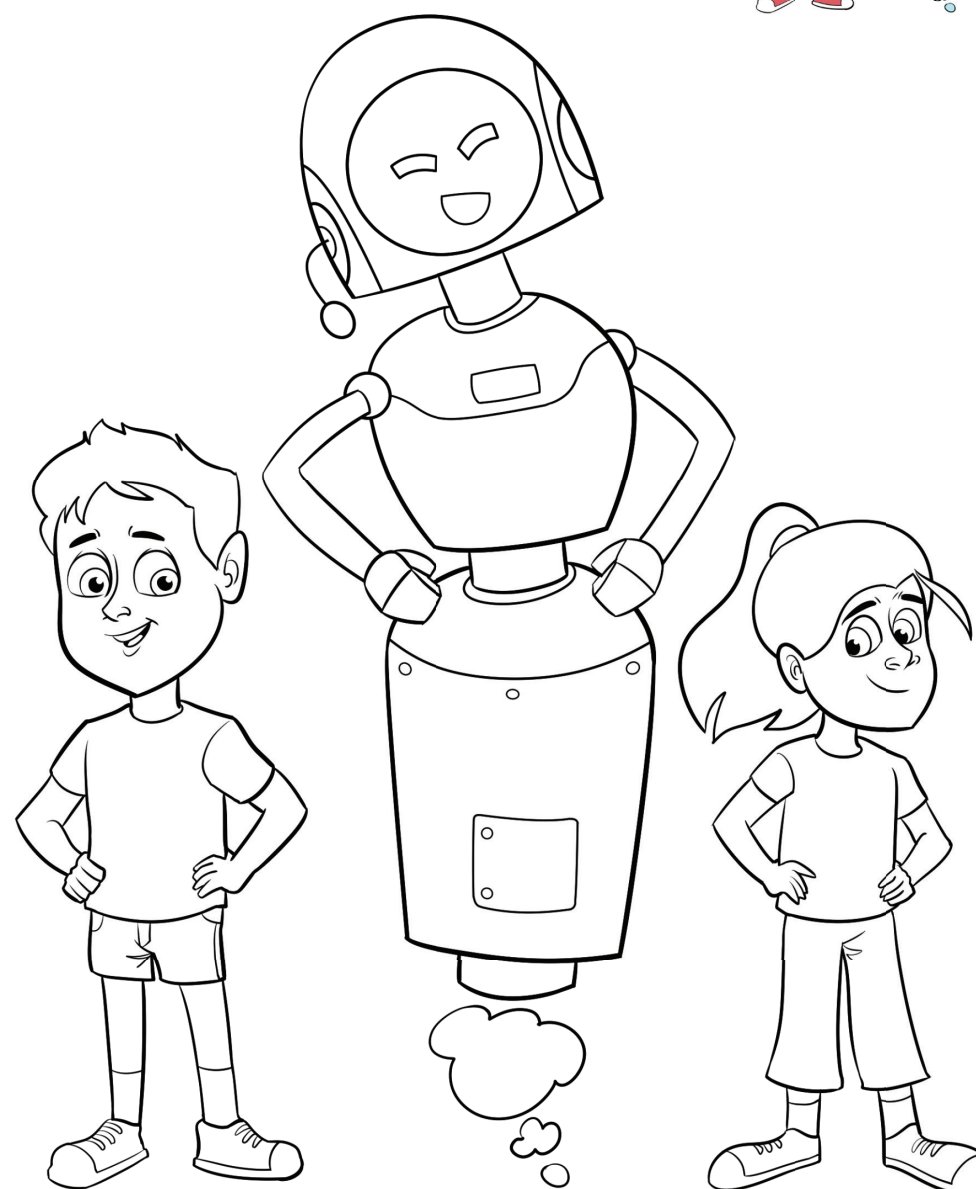
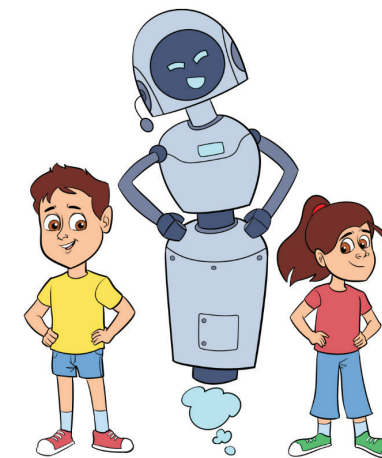
CAN YOU FIND THE FOLLOWING WORDS IN THE PUZZLE:

- Balance
- Fitness
- Jog
- Habit
- Nutrition
- Yoga
- Water
- Fruits
- Active
- Healthy



COLOURING FUN

COLOUR IN THE PICTURES OF SAM, SARA AND ROBO SOPHIA. ONCE DONE, GET YOUR PARENTS TO TAKE A PICTURE AND EMAIL IT TO ADMIN.SUPERKIDZ@LANDMARKGROUP.COM FOR A CHANCE TO BE FEATURED ON OUR SOCIAL MEDIA PAGE.



Sam

Robo Sophia

Sara